



ENGLAND  
ATHLETICS



ATHLETICS  
NORTHERN IRELAND



SCOTTISH  
ATHLETICS



WELSH ATHLETICS  
ATHLETAU CYMRU



BRITISH  
ATHLETICS

# Athletics Coach Speed Example Mesocycle Term Planning



# ATHLETE PROFILE

## Lifestyle and Support:

Name(optional)		Age	11	Gender	F
Training Age	1yr	Developmental Age	12 yrs	Stage of Athlete Development Pathway	Foundation
In employment or school?	School	How many hrs?	FT	Are they taking exams?	No
Number of training sessions / week	1	Any other sports? Days and sport type.	Mon – Swim Sat - Cycle		
Do they have a disability?	No	What are the implications of this on their coaching needs?			

## Physical Preparation - Fundamental Movement Skills

	What activity have you used to assess this?	What did you see the athlete do? What can you conclude about this skill?
<b>Agility</b>	Speed Ladder agility runs with alternate legs moving forwards and sideways through the ladder	Can do alternate legs in rungs at speed Better moving forwards than sideways
<b>Balance</b>	Stork balance test	Left side 4 seconds Right side 10 seconds Left side weaker than right
<b>Coordination</b>	Hop scotch	Can do single leg hopscotch, but not alternate side Need to develop both sides

	What did you see the athlete do? What can you conclude about this skill?
<b>Squat</b>	Heels flat on the floor, knees in line with feet, back straight. Squat ready to progress by overloading with a light weight medicine ball
<b>Lunge</b>	Heels flat on floor, knee moves across midline and back not straight. Needs to be developed by ¼ depth lunge first
<b>Push up (from floor or wall)</b>	Can push off a wall with a straight back and fully extend arms. Can't do this off the floor. Need to progress wall push introducing a knee push up (half push up)
<b>Rotate</b>	Can rotate on the right foot, but not the left foot. Need to develop multi directional rotation
<b>Brace</b>	Trunk collapses when jumping or throwing. Need to develop trunk strength

## Technical Assessment (all event groups to complete)

	Technical Matches	Technical Mismatches
Jumping for height or high jump	Plants foot at take-off J shaped approach	Take off knee low Upright approach Hips low
Jumping for distance or long jump	Plants foot at take-off Lands with bent knees	Take off knee low Hips low
Push throw or shot	Arms come through after leg Weight starts over throwing leg	No triple extension in arms or legs
Pull throw or javelin	Arms come through after leg Weight starts over throwing leg	Bowls rather than pulls the ball Chest low on release
Starts	Weight over front foot Arms coordinated with legs	
Drive and acceleration		Arms come across midline Drives down more than back
Max. velocity running	Lands on forefoot	Arms come across midline Low hips Low knees
Running over obstacles	Brings trail leg to the side	Takes off close to the hurdle Moves up more than forwards
Endurance running	Relaxed shoulders	Arms come across midline Low hips

## Technical Assessment for your chosen event group

Throws	Technical Matches	Technical Mismatches
Hammer- Ball in bag used as early foundation		
Discus – quoit used as foundation		
Club (if applicable)		

Jumps	Technical Matches	Technical Mismatches
Pole Vault		
Triple Jump		



Speed	Technical Matches	Technical Mismatches
Bend running	Right arm crosses to midline	Runs upright
Block starts	Hips above shoulders	Shins not parallel in set
Relays	Looks forward at exchange	Palm faces down
Wheelchair racing (if applies)		

Endurance	Technical Matches	Technical Mismatches
Race walking		
Steeplechase		
Wheelchair racing (if applicable)		

## Physical Preparation-Components of Fitness

	What activity you have used to assess this?	What did you see the athlete do? What can you conclude about this skill?
Endurance	Timed continuous laps	Can do 2 laps without stopping. Aim to increase by a lap
Speed	Flying sprints over 20 metres x 3	Can do 10 metres before starts to decelerate. Plan to increase to 15 metres
Strength	Body weight squat x 10	Can do 5 body weight squats with heels on floor and back straight and then knees move in
Flexibility	Hamstrings - sit and reach	Hands reach ankles in sit and reach test. Hamstrings are tight
Coordination	Hopscotch	Single leg hopscotch only. Progress to bi-lateral

## Athletics Coach Mesocycle Template

<b>Stage of Development:</b>		Foundation						
<b>Key Deficiencies from Athlete Profile:</b>								
<b>Fundamental Movements:</b>		Balance weaker on left side						
<b>Technical Run:</b>	Arms cross the midline	<b>Technical Jump:</b>	No knee lift at take off	<b>Technical Throw:</b>	Arms don't fully extend in the push throw			
<b>Physical Prep/ Fundamental Movement:</b>				Can only run for 2 laps without stopping				
<b>Goals</b>	<b>Technical Skills Goal:</b>	<b>Run</b> – Arm drive backwards for 100 metres <b>Jump</b> – Drive knee up at take-off 6 times in a session <b>Throw</b> – Fully extend arms on release 6 times in a session			<b>Physical prep/ Fundamental Movement Goal</b>	Can balance on left leg for 15 seconds Can run 3 laps without stopping		
<b>Week</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Fundamental Movement Skills</b>	1	1	1	1	1	1	1	1
<b>Starts / acceleration</b>	1				1			
<b>Max. velocity running</b>		1				1		
<b>Running over obstacles</b>			1				1	
<b>Running for endurance</b>		1		1		1		1
<b>Push throw</b>	1		1		1		1	
<b>Pull throw</b>		1		1		1		1
<b>Rotational throw</b>								
<b>Heave throw</b>								
<b>Jumping for height</b>	1		1		1		1	
<b>Jumping for distance</b>		1		1		1		1
<b>Physical Preparation</b>	1	1		1	1	1		1
<b>Other sports</b>	1	1	1	1	1	1	1	1
<b>Training Load L/M/H</b>	M	H	L	M	M	H	L	M

## Mesocycle Review

Goal	What I monitored / tested before the mesocycle started	What the athlete can do now	Next steps
Run	Arms cross midline	Arms drive back in a straight line	Work on low hips
Jump	Low knee at take off	Drives knee up to parallel	Lean away from HJ bar
Throw	Arms don't fully extend	Extends elbow, but doesn't flick from fingers	Continue
Fundamental Movement	Balance weaker on left	Can now do stork test for 10 secs on both sides	Coordination
Physical preparation	Run 2 laps without stopping	Can now run 3 laps	Flexibility